



WINTER REBOOT...

Now that's a familiar word for most of us. (BTW: I borrowed this title from the cover of the USGA Golf Journal's Winter 2022 magazine!)

This is the first word we all hear when we call our IT guru to help us out with a computer quandary. In a different, human sense of the word, especially this time of year, some call it "wintering;" some call it "hibernating." Animals take one of either of three actions to make it through the winter ... they either migrate, adapt, or hibernate.

FEBRUARY 2023

Winter, in Alabama commonly refers to the months of December, January, February, and sometimes even March. Winter, also known as a particularly difficult period of time in one's life. Winter, "the fourth quarter" of one's life or our "senior" years. Wintering: the act of making it through winter.



"...the natural tug to go inwards as nearly all creatures are doing is strong and the weather so bitter that people are left feeling that winter is hard, because for those of us without burning fires and big festive families, it can be lonely and isolating. Whereas in actual fact winter is kind; she points us in her quiet soft way towards our inner self, towards this annual time of peace and reflection embracing the darkness and forgiving, accepting and loving, embracing goodbye to the past year.

Winter takes away the distractions, the buzz, and presents us with the perfect time to rest and withdraw into a womb like love, bringing fire and light to our hearth. ... and then, just around the corner the new year will begin again, and like a seed planted deep in the earth, we will all rise with renewed energy once again to dance in the sunlight." Bridget Anna McNeil

On February 2 my middle son's birthday Punxsutawney Phil will come out of hibernation just long enough to determine whether there will be a few more weeks of winter. I do not believe we can put much weight on Phil's prediction, but our faith in the Lord through the winter times is a sure thing. He will never fail us!

So, how will you make it through your winters? Take time to slowdown and focus, refueling the soul by taking refuge in quiet time with the Father, praying and staying in His Word. And remember, **you'll be happy today, if you help somebody else be happier today.**

Bob

HI.BER.NA.TION:

The condition or period of an animal or plant spending the winter in a dormant state; an extended period of remaining inactive or indoors. *Oxford Languages.*

Can you list other animals that hibernate aside from the bear?

Answer:
Chipmunks; skunks;
bumblebees; garter
snakes; bats; groundhogs;
box turtles; land snails;
hedgehogs; wood frogs;
ground squirrels

Seasoned Adult Minister: Bob Smith
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This newsletter is prepared and emailed monthly by and for 55+ adults of First Baptist Church Trussville, Alabama. Suggested information to be included in an upcoming SAM newsletter may be emailed to sam.news@fbctrussville.org. Printed copies will be available at the church Welcome Center and Events Center.

MY PERSONAL STORY OF LIFE WITH PARKINSON'S DISEASE

By Julie Rousseau

My diagnosis of Parkinson's came the same week I turned 50 years old. My first thought was "Happy birthday to Me." But, as it turns out, that thought was short-lived. I consider myself a very joyful person. It takes quite a lot to get me down. And as I have said so many times before, God has a purpose for me no matter what stage in life I may be or what my circumstances are. As long as I am here on this earth, there is a plan for me. So, I decided at that point that this was simply another chapter in my life, and I would do the best I could with the challenges I faced.

There have been ups and downs along my journey, but I have an excellent support team to help me along the way. That team not only includes my neurologist and his excellent staff, but friends and family who are the best I could ever hope for. And especially my brother, who is my care-giver when I need it most, my chauffeur when I cannot drive, the hands that pick me up when I fall, and so many other things too numerous to list. I owe them all a tremendous thank you. I could not do it without them!!

I have learned so much on this journey of 12 years now that my goal is to share that knowledge with those who are newly diagnosed, to hopefully give them hope and the desire to be the best they can be! The "jewelry art" that I create came out of this desire to share with my fellow PD brothers and sisters. I truly hope that they can find some inspiration in my work that shows them that they can do whatever their heart desires in some form or fashion.

One interesting fact about my art is that it is very therapeutic for me. One of my predominant challenges with PD is the tremor in my right hand. I am right-handed and that is the side most affected by the disease. Yet, when I take one of these pieces of jewelry (no matter how small) into my hand, the tremors stop. I think I go to a place in my mind where there is peace and nothing to get in my way. And I can actually sit for a very long time, which is not typical for me. The result is a completed piece of "reclaimed" art. I call it "reclaimed" because I'm taking something old and making it new again. That's what I try to do every day. Yesterday is gone, today is for living and tomorrow is the hope!



RECLAIMED

Everything in life has a purpose, especially human beings. That's the way God designed it. We are not perfect as we are, often becoming broken and without hope. But God doesn't see us that way and "reclaims" us when we accept Him as our Lord and Savior. He takes us as we are, with all our imperfections, and accepts us into eternity with Him. These broken, torn apart pieces of jewelry represent us and they too, are reclaimed and given new life. Let my reclaimed pieces of art, still with imperfections, be a reminder of how important you are and how God loves you no matter what! Julie Rousseau

reclaimed

Making all things new
again

WE CARE, GOD CURES

By Denise Dockery

stephen
MINISTRY®

We welcome the following who have applied for and who will be going through our Spring Stephen Ministry Training, scheduled to begin February 3-4.

Would you please be praying for the following:

Brenda Gardner
Debbie Nations
Myra Dawkins
Susan Minor
Yolanda Taylor
Jammy Erwin
William Tyner



**DON'T TELL SOMEONE TO GET OVER IT
HELP THEM GET THROUGH IT**

LEADER'S TRAINING

By Robin Foshee

Jesus opened His ministry with these words. "The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; He has sent me to bind up the brokenhearted, to proclaim liberty to the captives and the opening of the prison to those who are bound; to comfort all who mourn; ... to grant those who mourn in Zion the garment of praise instead of a faint spirit." Isaiah 61:1-3

Jesus came in a body of flesh to walk among us in our darkness, fear and suffering. He who now stands at the right hand of the Father interceding still has a body here on earth. We are that body of flesh, still called out of love and obedience to the Father, to walk among others in the same way. We are invited into the fellowship of the sufferings of Christ, that may look like sitting with someone who has just received a diagnosis, "you have cancer"; or the death of a loved one; or one who has been the caregiver of a sick loved one and he/she is exhausted; or someone who is dealing with loneliness, job loss, discouragement.

When you are hurting you don't need a fix-it solution, or to be given platitudes to hope the problem goes away. We call that "singing songs to a heavy heart." Many times we just don't know what to say.

We don't want to add pain to those who are hurting by expecting them to bear it alone. God never intended for us to do it alone. Yes we believe in the power of the Word and prayer but the reality of life in the here and now is that we suffer. No one is an exception.

A Stephen Minister is not a counselor but they will be a consistent person one hour a week, to come to someone with a "heavy heart." To Listen. We don't try to fix you, only God can heal by putting you on a path of wholeness. Not more brokenness. Allow a Stephen Minister to walk this journey with you. It will be only for a season until you both feel that it is time to end. This one-on-one relationship with a Stephen Minister is highly confidential and in a setting of privacy.

The matching of a Stephen Minister with a care receiver is done very privately with limited knowledge within our Stephen's Ministry Team. Contact us at stephenministry@fbctrussville.org.

LOOK WHAT'S HAPPENING

February is American Heart Month

Time to check on the condition of the heart. Are we "brain-washed" or "heart-washed"?

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation and sustain in me a willing spirit. Psalm 51:10-12

GROUNDHOG DAY

Thursday, February 2

FIRST MONDAY PRAYER FOCUS

Monday, February 6 • 10:00 AM • Chapel

Meet in the Chapel or stop wherever you are and join us in prayer.

Email prayer requests to

Sam.prayer@fbctrussville.org



And when they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit and began to speak the Word of God with boldness. Acts 4:31

FIRST THURSDAY: MEN PRAYING for their ONE

First Thursday of every month

6:30 am • Worship Center

FIRST THURSDAY: LADIES PRAYING for their ONE

First Thursday of every month

12:00pm • Room D147



JOYFUL HEARTS REHEARSALS

FIRST & THIRD Thursdays OF EVERY MONTH

10:30 AM • Fellowship Hall

SAM VOCAL BAND REHEARSALS

(Men's Southern Gospel Group)

Wednesdays • 4:55PM • Room D144

MEN'S 6:11 BREAKFAST

Thursday, February 9 • 6:11AM • Gym

Invite a friend and join us.



EDIBLE EDUCATION

Friday, February 10* • Noon • Room D200

*This is a change from the usual monthly details

Speaker: Dr. Zane Hyde, discussing joint & bone health \$6 per person. Register online <https://fbctrussville.tpsdb.com/OnlineReg/1012>

Also, look for more information on our FBCT Sports & Wellness website concerning an M3 fall prevention program coming on March 7th.

SUPER BOWL GAME

Sunday, February 12

HAPPY VALENTINE'S DAY

Tuesday, February 14

CELEBRATE PRESIDENT'S DAY

Monday, February 20 • 10:30AM • GYM

Lunch With W. A unique time with George W. Bush impersonator, John Morgan.

ASH WEDNESDAY

(40-Days Before Easter)

Wednesday, February 22



SAM MONTHLY LUNCHEON

Thursday, February 23 • 11:30AM • Gym

Our guest will be Joe Hobby!

Comedian – Writer Columnist for Trussville Tribune.

\$7 per person

Call SAM office at 205-228-1006 OR

Email sam.reservation@fbctrussville.org OR

Complete tear-off in Sunday bulletin



• HOW TO BE •

SAM with KEN LASS **SATIONAL!**

I don't get it. I just don't get it. Our culture wants to take God out of everything public. Teachers may not lead prayer in public schools, nor can they teach biblical creation. They are taking the words "under God" out of the national anthem. The term "Merry Christmas" has been replaced by the more generic "Happy Holidays". The Ten Commandments have been removed from parks and courthouses. Announcers, news anchors and journalists of all sorts have to be careful. Any reference to God or praying in public is inappropriate because it might offend an unbeliever.

But then I am watching a Monday night NFL football game, as a young player drops to the ground after a typically violent tackle. It becomes immediately clear the injured player, Damar Hamlin, is in distress. Medical personnel are applying CPR as an ambulance quickly rolls on to the field. Players are stunned, some openly crying. Suddenly, coaches are gathering their entire team around them and, very publicly, are leading them in prayer. Solemn announcers are saying the game is now meaningless, and their thoughts and prayers are with the young athlete. They're urging viewers to pray as well.

One fan in the stands has written huge letters on a sign that states "Pray for Hamlin". Does the network camera ignore the sign? Quite the contrary. There is a slow, poignant zoom into the message, followed by a dramatic fade to studio commentators, who also profess prayers for Hamlin. Suddenly, no one seems to be concerned about offending a non-believer.

What happened? What changed? How can public prayer be so inappropriate one moment, and then completely

acceptable the next? Imagine the outrage if, just prior to kickoff, the play-by-play announcer would say "as we get ready for the game, I'm going to lead us all in a quick prayer." Yet, when a player is critically injured, it's suddenly okay to publicly solicit and endorse prayer for the victim.

The reality is God can't, won't, be left out. Only the will of the almighty and powerful Creator of the universe could help Damar Hamlin. Furthermore, deep down inside, every human being senses that truth. Some will try to deny it, to discredit it, but when the need is dire, we turn to prayer, to God. It's instinctive, almost beyond our control. Those announcers weren't trying to offend anyone. They weren't consciously promoting Christianity. They were merely compelled to state that which has given comfort and hope to the species since the first human heart began to beat. To acknowledge that God, only God, is in control. That when we truly need help, it is not only acceptable to call upon His name, it is mandatory. I have to believe you can't have it both ways. You can't claim God is offensive in one breath, then call upon Him when an emergency arises. Yes, by all means, pray for Damar Hamlin, or any athlete injured on the field of play. But if it's okay to do that publicly, and to encourage others to do the same, then it's also okay for a teacher to lead a prayer in her classroom, for a Ten Commandments monument to adorn a courthouse, for a pledge to state that our country is "one nation, under God."

You don't need to wait until the culture deems it okay to pray. It's already woven deeply into your DNA. God did that.





NEW BIBLE STUDIES

Don't punt the Bible. It is God's Word! Show your Bible. Exalt, praise, worship, delight in His Word yourself ... it's contagious! Dr. Jim Shaddix, New Orleans Baptist Theological Seminary

In addition to the new classes we introduced last month, there are two other Bible study classes available now, both studying the book of Acts and meeting every **Wednesday morning at 10:00AM:**

LADIES CLASS

Room D145 • Led by Toni Sproul

MENS CLASS

Room D141 • Led by Henry Ward

Contact:

Henry Ward at hgward4748@gmail.com



WORSHIP PRAYER MINISTRY

By Henry Ward

Each month of the year 2 different Sunday School classes pray for Pastor Buddy and the worship services. Each class sends Pastor Buddy a card letting him know their class is praying for him their adopted month.

The prayer is done any day at any time in their own homes. The classes are given a set of guidelines to follow for the prayer time. This ministry is in its 6th year of operation. It is a great way to encourage Pastor Buddy as he prepares to preach the message God has given him.

The prayers include reading different bible scriptures; anointing Pastor Buddy and the message with the power of the Holy Spirit; praying that the message will fall on fertile ground; praying for lost people to accept Jesus as their Savior; praying that the congregation will worship in Spirit and in truth and that the music will set the table for the message; praying that people struggling with personal issues will find peace in Jesus Christ. God receives all the Glory and Praise and each prayer is closed in the Name of Jesus Christ.

PRAYER JOURNEY

By Denny Rogers

Thank you to all Prayer Warriors who faithfully pray for my safety as I travel and who agree with me in Prayer.

My next trip is February 19-23,
my second prayer journey in Florida.





MVMT = MOVEMENT...

D-NOW 2023 is in the history books!

Our January 15 Sunday morning services were brought alive with the songs of praise and thanksgiving for the students who participated in D-NOW over the weekend. Our SAM Vocal Band and Joyful Hearts Choir couldn't have done a better job during the first service. Sean Curran lead the worship for D-NOW and we were blessed to hear him sing as well in our services. (We had some pretty jealous grandchildren when they found out they missed THE Sean Curran!) Dr. Jamie Dew (who some of us SAMers met on our trip last year to New Orleans) brought the messages; what a blessing! Spencer Jones thanked all of us for our prayers and support and for providing breakfast food to the some 675+ students who attended the D-NOW weekend services and bible studies. There were 44+ decisions for Christ, 30 of which were first time decisions. Some have already been baptized and others are being scheduled in the near future.

To God be all the Glory!



JESUS — MVMT —



MEN ON MISSION

If you are interested in working with our MOM construction mission team this summer, please contact Bob Wood or our church mission offices to let them know. Planning and preparations are underway now.



DISASTER RELIEF TEAM

Ladies and Gentlemen, our FBCT Disaster Relief Team needs help! Especially, anyone who has a truck with a trailer hitch. Members of the team must be able to drop what they are doing and assist when there is an emergency. John Patterson and Cecil Medders, along with Chris Chambers can help you with any training necessary and get you on the call list. Contact the Missions Office at (205)228-1014.

Our Disaster Relief Team had the privilege to serve in the Gardendale community in December when a nursing home kitchen flooded; pipes burst due to the cold weather. Chris Chambers and Tim Moore immediately loaded our two "rolling kitchens" and took them to the nursing home for use by nursing home staff who had the food, they just needed a kitchen! Those folks prepared three meals a day for 127 people for a week! That's 2,000+ meals. "We're thankful that we could help...." Chris Chambers



There are many opportunities for service here at FBCT. Be sure to get information online, on our Helper app, or click on this QR code regularly.

Not receiving our SAM newsletters? How do you prefer to receive our newsletters each month? By email and/or paper copy mailed to you? If you haven't already or you need to update your preference, please contact Debbie Arrington in the SAM Office at 205-228-1006 or email at debbie@fbctrussville.org. Everyone for whom we have an up-to-date email address will receive the newsletters by email; however, if you prefer to have a paper copy mailed to you each month, let Debbie know. We will be happy to mail one to you!